

Zooom-CDanga

DO NOT SHARE OUTSIDE OF IRC.





Volume 1

Created by Keiko Suenobu





Life Vol.1 Created By Keiko Suenobu

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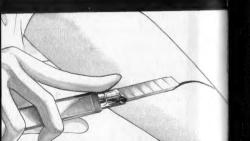
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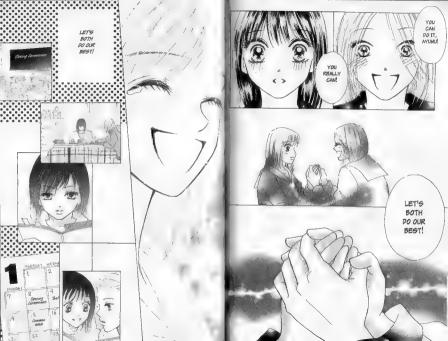
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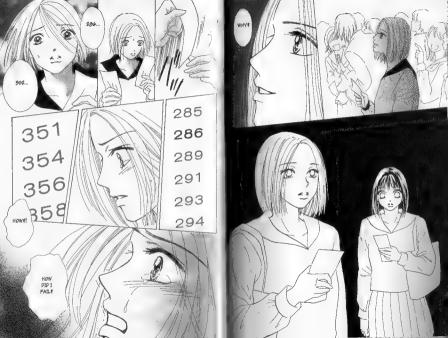


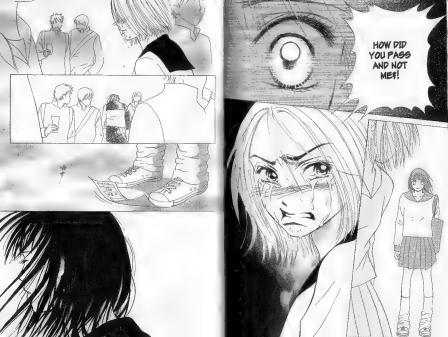




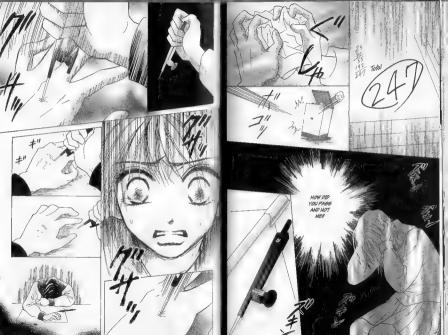


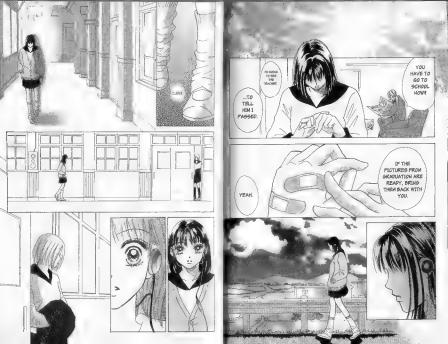






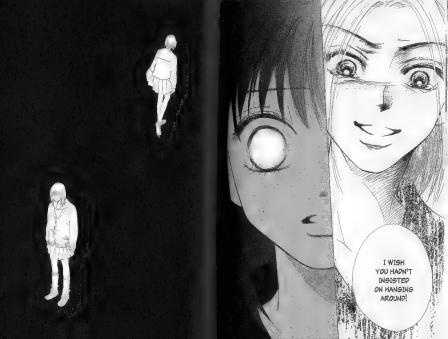


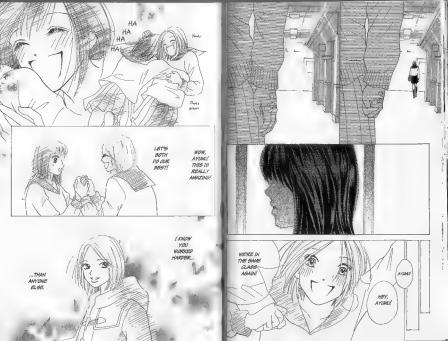




























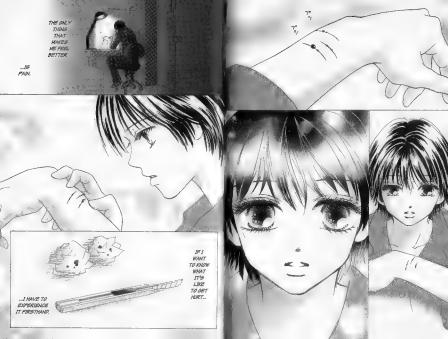




















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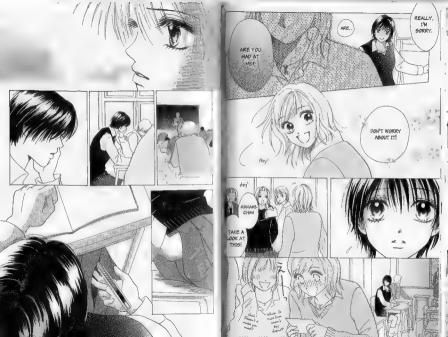


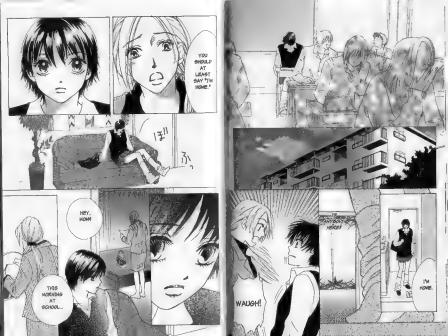


















































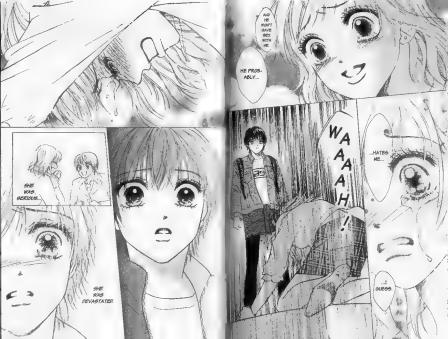




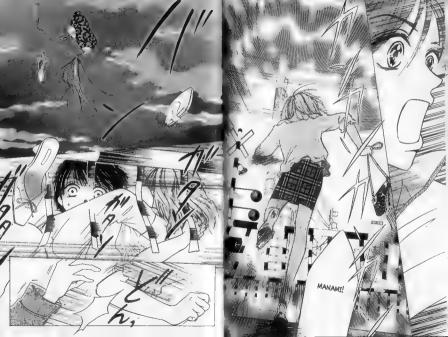


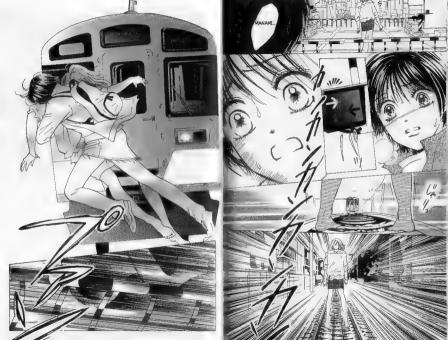






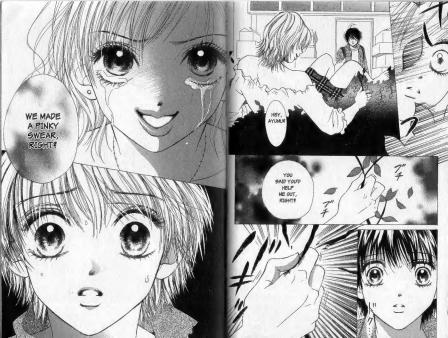












Epilogue

LIFE portrays the experience of Ayumu, who is faced with the pressures of teenage life, add is struggling with emotions that pressures of teenage life, add is struggling with emotions that the structure of the pressure of

Self-injury is when a person deliberately harms his or her body. The most common form is cutting (ausally on the wirets, upper arms, or other areas that can be hidden), but other forms include burning, scratching, skin-picking, hair pulling, hitting, bone-breaking, or not letting a wound heal. About 1% of North Americans self-injurs, the yest majority of them being female.

Rather than feeling intense pain when cutting, most self-injuivers feel relieved and scothed by the act; it is a way of coping with emotions that feel unbearable or impossible to talk about. Some people who feel numb self-injuire for feel something, which helps them feel more aliev. It can also be a way of communicating to others that they need holp, Self-injuires are not trying to kill themselves, nor are they crazy deak—they simply do not know of other healthline ways to feel better.

More people are learning about self-injury—it may even seem like a falf in some cricies—and some people may be templect to try it. But self-injury is a serious problem; it can lead to infection, the need for medical attention, or even unintentional suicide, Self-injury is not an effective even or self-injury is not an effective even or self-injury effective even or self-injury effective even or self-injury effective for the self-injury effective for self-injury effective for the se

People who self-elium need our help. If you know someone who cuts talk to her in a nonjudgmental, supportive way, since she likely feels shame about it. Let her know that she can be helped by admitting her problem to someone she trusts, like a school nurse, patent, or teacher. This trusted addly can assist her in receiving help trom a mental health professional. Only then can she sort out painful feelings and learn new, healthy wave of coping.

For more information on self-injury, visit: kidshealth.org/teen/your_mind/feeling_sad/cutting.html

Susan M. Axtell, Psy.D. Licensed Clinical Psychologist



